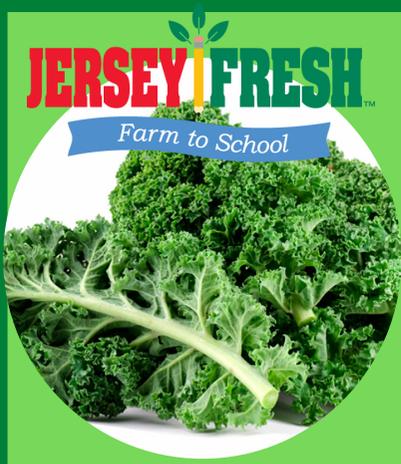


JERSEY TASTES! RECIPES

Kale Chips



INGREDIENTS:

FAMILY-SIZE

SERVES: 6

PORTION SIZE: 1 CUP

- 3/4 lbs. untrimmed Kale
- 2 tablespoons Vegetable Oil
- 1/2 teaspoon Salt
- 1/4 teaspoon Cumin or Cayenne, or
- *1/4 cup Parmesan Cheese (*optional*)

**Eliminate salt if adding Parmesan cheese.*



SCHOOL FOOD SERVICE

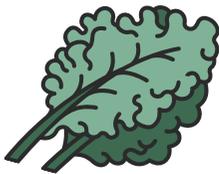
PORTIONS: 25

PORTION SIZE: 1 CUP

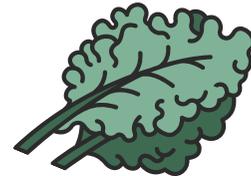
- 3 lbs. untrimmed Kale
- 1/4 cup Vegetable Oil
- 2 teaspoons Salt
- 1 teaspoon Cumin or Cayenne, or
- *1 cup Parmesan Cheese (*optional*)

**Eliminate salt if adding Parmesan cheese.*

**Portion Size: 1 cup =
1/2 cup Veg/Dk. Green**



Kale tolerates cool weather so it can be planted in the early spring or early fall.



DIRECTIONS:

- 1 Preheat oven to 375°F.
- 2 Wash kale & dry thoroughly.
- 3 Remove stems & tear kale leaves into large pieces; 2x2 inches.
- 4 Mix salt & seasonings with oil. Drizzle oil over kale.
- 5 Massage oil into kale to evenly coat.
- 6 Spread kale on sheet pans. Make sure leaves do not overlap.
- 7 Bake until leaves are crispy & bright green. Approximately 8-12 minutes.

TIP:

Best if used the same day chips are prepared. If using the next day, save in tightly lidded container.